

5 Church St. Webster, MA 01570 Phone: 508-949-3845 Fax: 508-949-3897 SeniorCenter@ webster-ma.gov

Monday--Friday 8:00 am-4:00 pm

Vice Chairman: **Betty LeFort** Secretary: Dolores O'Donnell

### **COUNCIL MEMBERS**

Stella Miller Phyllis Romano JoAnn Sadowski Rose Silvestri Joe Sokolowski Barbara Steiger **Edward Szymczak** Sandra Walley

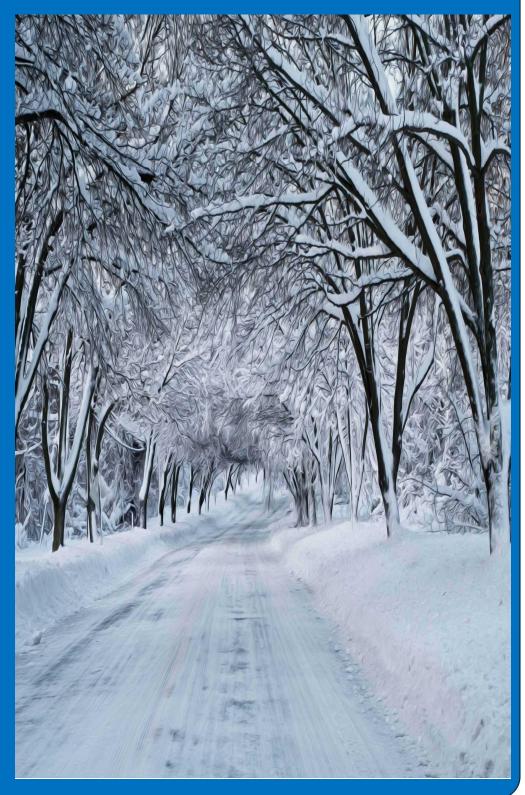
**STAFF** Jean Travis, Director Val Leslie, Clerk Kristen Zamis, **Program Director** 



# January 2017

Sam Walley Council On Aging Chairman

Jean Travis **Senior Center Director** 



### **DESSERT SOCIAL**

Wednesday, January 4th 12:00 pm

Sponsored by
Life Care Center of Auburn

### **SOUP SOCIAL**



You bring a sandwich, Christopher Heights will bring the soup! Monday, January 9 11:30 am

Sign up at front desk or by calling (508) 949-3845

### **ICE CREAM SOCIAL**

Thursday, January 12th 12:00 pm



Sponsored by Webster Manor

### **Find us on Facebook!**



Like our Facebook page to see all our posts; photo's, news and announcements. Search for The **Webster Senior Center** on Facebook or visit www.webster-ma.gov. From Home Page click on Community Links then Senior Center. Click on FB icon to go directly to our Facebook page.



Get your tax documents ready! AARP volunteers will be at the Senior Center starting Wednesday, February 1st to prepare tax returns.

BY APPOINTMENT ONLY! Please call (508) 949~3845 or stop by the front desk to schedule your appointment.

### **DESSERT SOCIAL**

Friday, January 27th 12:00 pm



Sponsored by Salmon Health & Retirement

# ACTIVITY CALENDAR JANUARY 2017

Monday	Tuesday	Wednesday	$\operatorname{Thursday}$	Friday
Senior Center Closed	3) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	9:30 am Exercise Class 11:30 am Lunch 12:00 pm Dessert Social 1:00 pm Progressive Pitch	9:30 am Line Dancing 11:30 am Lunch 1:00 pm 13-Card Pitch	9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 Move While U Groove
10:00 am Knitting/Crochet Social 1:00 pm Progressive Pitch	10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	9:30 am Exercise Class 11:30 am Lunch 1:00 pm Progressive Pitch	9:30 am Line Dancing 11:30 am Lunch 12:00 pm Ice Cream Social 1:00 pm 13-Card Pitch	9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 Move While U Groove
Senior Center Closed	10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	9:30 am Exercise Class 11:30 am Lunch 12:00 pm Birthday Cake 1:00 pm Progressive Pitch	19) 9:30 am Line Dancing 11:30 am Lunch 1:00 pm 13-Card Pitch	9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 Move While U Groove
23) 10:00 am Knitting/Crochet Social 1:00 pm Progressive Pitch	24) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo	9:30 am Exercise Class 11:30 am Lunch 1:00 pm Progressive Pitch	26) 9:30 am Line Dancing 11:30 am Lunch 1:00 pm 13-Card Pitch	9:00 am Walking Club 10:00 am Chair Dancing 11:30 am Lunch 1:00 Move While U Groove
30) 10:00 am Knitting/Crochet Social 1:00 pm Progressive Pitch	31) 10:00 am Adult Coloring 11:30 am Lunch 12:45 pm Bingo			

# January 2017

3   Roast Turkey   450   Garlic Herbed Chicken   346   Gravy   Ashed Potatioes   77   Red Bitss Potatioes   5   Stuffing   Source   Ashed Potatioes   31   Wised Fruit   American Chair See	MONDAY	Tuesday		WEDNESDAY		THURSDAY		FRIDAY	
No Meals Served   Ashed Potatoes   77     No Meals Served   Ashed Potatoes   176     No Meals Served   Cal:656 Fat:28% Na+:1025mg   172     No Meals Served   Pasta Salad   173     No Meals Served   Pasta Salad   174     No Meals Served   Pasta Salad   175     No Meals Served   Pasta	2	8	Na+	4	Na+	2	Na+	9	
No Meals Served   Mashed Polatoes   77	ı		450		346		213	Soun Du Jour	
No Meals Served		Vyer-D	3 5	Red Rlice Potatoes	) !	Near C	21.2	Pastrami on Bye	
No Meals Served   Tuscany Vegetables   31	Dovres Served	Mached Potatoes	176	Winter Mix Vegetables	) o	Stiffing	317	welselo.	
No Meals Served	My-1-4-: Ol	Turney Verneteler	2 2	Mind Table	5		) L	Coccian	
Trench Bread   91	Webster Closed	l uscany vegetables	3.1	Mixed Fruit	07	Brussels Sprouts	T:	Yogurt	
Calic56 Fat:28% Na+:1025mg   Calic56 Fat:28% Na+:1025mg   Calic56 Fat:28% Na+:1025mg   Calic56 Fat:28% Na+:1025mg   Calic56 Fat:28% Na+:10472mg   Calic56 Fat:32% Na+:1472mg   Calic56 Fat:32% Na+:1472mg   Calic56 Fat:32% Na+:1472mg   Calic56 Fat:33% Na+:314mg   Calic56 Fat:33% Na+:314mg   Calic56 Fat:33% Na+:314mg   Calic56 Fat:33% Na+:314mg   Calic56 Fat:29% Na+:757mg   Calic52 Fat:41% Na+:1086mg   Calic52 Fat:41% Na+:108		Yogurt	72	Pumpernickel Bread	127	Mandarin Oranges	20		
10   High Sodium Meal   172   1840		French Bread	91			Whole Wheat Bread	150		l I
10   High Sodium Meal   Na+   1		Cal:656 Fat:28% Na+:1025m	0.0	Cal:583 Fat:18% Na+:760mg		Cal:604 Fat:25% Na+:1052mg			
Hot Dog *   540     Baked Beans   370     In Webster   Cal:863 Fat:32% Na+:1472mg     In Webster Closed   Fench Bread	6		Na+	11	Na+	12	Na+	13	
No Meals Served		Hot Dog *	540	American Chop Suey	196	Chicken w/ Asparagus	385	Soup Du Jour	
Nived Fruit	No Meals Served	Baked Beans	370	Broccoli	6	Delmonico Potatoes	212	Roast Pepper	
No Meals Served	In Webster	Pasta Salad	172	Pear Crisp	36	Corn	Н	Chicken Salad	
The column   Cal:863 Fat:32% Na+:1472mg   Cal:863 Fat:32% Na+:1472mg   Na+ 11		Mixed Fruit				Fresh Fruit	0	Pasta Salad	
17   Beef Jardiniere   341     No Meals Served   Mashed Potatoes   176     No Meals Served   Cal:768 Fat:33% Na+:814mg   Cal:768 Fat:33% Na+:814mg   Cal:768 Fat:29% Na+:757mg   Cal:786 Fat:29% Na+:757mg   Cal:786 Fat:29% Na+:757mg   Cal:786 Fat:29% Na+:757mg   Cal:632 Fat:41% Na+:1086mg   12     No Meals Served   Peas   Cal:632 Fat:41% Na+:1086mg   12     No Meals Served   Roman Vegetables   2     French Bread   91   Cal:632 Fat:41% Na+:1086mg   841     No Meals Served   Roman Vegetables   2     French Bread   91   Cal:632 Fat:41% Na+:1086mg   841     No Meals Served   Roman Vegetables   2     French Bread   91   Cal:632 Fat:41% Na+:1086mg   841     No Meals Served   Roman Vegetables   2     French Bread   91   Cal:632 Fat:41% Na+:1086mg   841     French Bread   841   841   841   841   841     French Bread   841		Cal:863 Fat:32% Na+:1472m		Cal:599 Fat:23% Na+:536mg	       	Cal:674 Fat:21% Na+:850mg			 
No Meals Served   Mashed Potatoes   341     Webster Closed   Honey Glazed Carrots   70     French Bread   91     Vegetable Cheese Bake*   798     No Meals Served   Roman Vegetables   58     In Webster   Strawberries   58     French Bread   91     French Bread   81     French Bread	16	17	Na+	18	Na+	19	Na+	20	
No Meals Served         Mashed Potatoes         176         S           Webster Closed         Honey Glazed Carrotts         70         4           Peaches         10         10         10           French Bread         10         10         10           Amacaroni & Cheese         498         10         10           No Meals Served         Green Beans         6         11         12           French Bread         12         12         12         12           No Meals Served         Roman Vegetables         12         12         12           In Webster         Strawberries         2         12         12           Roman Vegetables         12         12         12           Reas         Strawberries         2         12           French Bread         21         12           French Bread         21         2           Math Ster         Strawberries         2           Reas         Strawberries         2           Read         2         2           French Bread         21           Cal:632 Fat:41% Na+:1086mg		Beef Jardiniere	341	Lemon Thyme Chicken	329	Spaghetti & Meatballs	307	Soup Du Jour	
Webster Closed         Honey Glazed Carrots         70         3           Peaches         10         French Bread         91           Cal:768 Fat:33% Na+:814mg         24         Na+:814mg         C           Amacaroni & Cheese         498         Na+:814mg         C           Stewed Tomatoes         6         498         Na+:757mg         C           Stresh Fruit         0         French Bread         91         C           French Bread         21         Vegetable Cheese Bake*         798         Na+:757mg           No Meals Served         Roman Vegetables         12         Peas         58           In Webster         Strawberries         2         French Bread         91           Cal:632 Fat:41% Na+:1086mg         **Indicates higher coddium	No Meals Served	Mashed Potatoes	176	Sour Cream & Chive Potato	106	Green Beans	0	Corned Beef	
Peaches   10     French Bread   91     24   Macaroni & Cheese   498     No Meals Served   Stewed Tomatoes   6     In Webster   Fresh Fruit   0     French Bread   91     French Bread   91     French Bread   91     French Bread   91     Cal:786 Fat:29% Na+:757mg   798     No Meals Served   Peas   798     No Meals Served   Roman Vegetables   798     In Webster   Strawberries   2     French Bread   91     French Bread   81     French Brea	Webster Closed	Honey Glazed Carrots	20	Scandinavian Vegetables	31	Baked Apples	14	Coleslaw	
Prench Bread   91		Peaches	10	Fresh Fruit	0	Italian Bread	170	Fruit	
Cal:768 Fat:33% Na+:814mg		French Bread	91	Cream of Carrot Soup	127				
No Meals Served   Stewed Tomatoes   A98		Cal-768 Fat-33% Na+-814mg	_	Cal-761 Eat-73% Na+:859mg		Cal-719 Fat-21% Na+-617mg	 		
No Meals Served   Stewed Tomatoes   6	23	24	L	9		פווויבסויים ומודיים ומידיים		71	
No Meals Served   Stewed Tomatoes   6	73		<u>Na+</u>		Na+ 232			Solin Dir. Iolir	
In Webster   Creen Beans   O	Sound Sign	Otempa Tomotopo	<u> </u>		12,6				
Fresh Fruit   0	No Meals Served	Siewed Tomatoes	ه م	Gravy Option Mochod Detation	72,	Daked bealis		Roasi beel	
French Bread   91   1   1   1   1   1   1   1   1	III Webster		>	Garric Mashed Polatoes	٥/٢	Colesiaw		beall Salad	
French Bread   91   1   1   1   1   1   1   1   1		Fresh Fruit		Chuckwagon Corn	7	Sauerkraut		Yogurt	
Cal:786 Fat:29% Na+:757mg   Cal:786 Fat:29% Na+:757mg   Cal:786 Fat:29% Na+:757mg   Cal:632 Fat:41% Na+:1086mg   Cal:786 Fat:29% Na+:757mg	 	French Bread		Gingerbread	289	Chilli / Cheese / Onions	 	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	l I
No Meals Served   Vegetable Cheese Bake*   No Meals Served   Roman Vegetables   12   12   12   12   12   12   12   1		Cal:786 Fat:29% Na+:757mg		Cal:925 Fat:34% Na+:1034m	36				
Vegetable Cheese Bake* 798   Roman Vegetables   12   Roman Vegetables   58   58   Strawberries   2   French Bread   91   Cal:632 Fat:41% Na+:1086mg   **Indicates higher codiums**	30	31		Please call (508) 949-3845	5 48-ho	irs in advance to reserve	a meal.		
Roman Vegetables 12 Peas 58 Strawberries 2 French Bread 91 Cal:632 Fat:41% Na+:1086mg		Vegetable Cheese Bake*	798			Menus Are Subject to Change	ange		
Strawberries 2  French Bread 2  Cal:632 Fat:41% Na+:1086mg	No Meals Served	Roman Vegetables	12						
Strawberries 2 French Bread 91 Cal:632 Fat:41% Na+:1086mg	In Webster	Peas	28	Meals are based on a No	Added	Salt (3,000-4,000 milligran	n diet) f	or healthy older adults.	
Cal:632 Fat:41% Na+:1086mg		Strawberries	2	If you have a special conc	zern reg	arding sodium, contact ou	ır Nutril	tionist for guidance on	
Cal:632 Fat:41% Na+:1086mg  Ma - milliarams *Indicates higher codium outroes >500mg High Codium Mool = >1200mg		French Bread	91	mans	aging yo	our intake to meet your die	et requi	rements.	
ma – milliarams *Indicates higher codium entrees >500mg High Codium Meal - >12000mg		Cal:632 Fat:41% Na+:1086m							
mg = minigrams . Indicates righer sodium entrees >500mg mign sodium ineal = >1200mg	Na+ = Sodium mg =	mg = milligrams *Indicates higher		sodium entrees >500mg High So	odium Me		ns includ	Breakdowns include 125mg Na+ for milk	]

### WEDNESDAYS

Free Low Impact Exercise 9:30—10:30 a.m.

## FITNESS INSTRUCTOR Forty Arroyo



### **THURSDAYS**

LINE DANCING

9:30—11:00 a.m. COST: \$3.00

### **FRIDAYS**

CHAIR DANCING

10:00—11:00 a.m. COST: \$3.00

### **MOVE WHILE YOU GROOVE**

1:00—2:00 p.m. COST: \$3.00

Free Blood Pressure Screening on Thursday, January 12th at 10:30 a.m. Sponsored by Webster Manor.



A Fallon Health Insurance representative will be at the Senior Center on the following dates to answer any health insurance questions you may have.

Wednesday, January 11th at 10:00 am Wednesday, February 8th at 10:00 am Wednesday, March 8th at 10:00 am

TRI-VALLEY ELDER SERVICES
SHINE/OPTIONS COUNSELOR IS AT
THE SENIOR CENTER ON TUESDAY,
JANUARY 3RD FROM 9:30-11:00
A.M. BY APPOINTMENT ONLY.
PLEASE CALL (508) 949-3845 OR
STOP BY FRONT DESK TO SCHEDULE
AN APPOINTMENT.

Now that winter is here, please keep in mind that should we have inclement weather ...



IF WEBSTER PUBLIC SCHOOLS ARE CLOSED, THE SENIOR CENTER WILL BE CLOSED FOR ALL ACTIVITIES.



Tri-Valley hot lunches are served every Tuesday, Wednesday, and Thursday. Friday lunches are soup and sandwiches. All meals served promptly at 11:30 a.m. Please call (508) 949-3845 48-hours in advance to reserve your meal or to cancel a reserved meal.

Suggested donation: \$3.00

### **SCM ELDERBUS**

124 Southbridge Rd. Charlton MA 01507 **1-800-321-0243** 

### Out of Town Medical

Wed., Thurs., Fri. Worcester / Auburn 10:00 am—12:00 pm 12:00 pm—2:00 pm Other Out of Town 9:



Other Out of Town 9:30 am—2:00 pm

### **FARE \$1.25**

In Town M-F Medical & Work First Pick Up 8:30 am days before Last Pick Up 3:30 pm

### **General Business**

First Pick Up 8:30 am Last Pick Up 3:15 pm Call for trips 2 business

### **JANUARY BIRTHDAYS**

Bernard Albetski · Roger Berthiaume
Lisa Brown · Lenore Dragon
Rita Gajewski · Helen Kesner
Barbara LaMountain · Frances Lavallee
Jeannette Lavallee · Robert Lilla
Maryann Richard · Lorraine Sharples
Joseph Sokolowski · Mike Sterczala
Jeannette Worrick

Come Celebrate January Birthdays! Wednesday, January 18th 12:00 pm

Sponsored by Brookside Rehabilitation & Healthcare Center

### **JANUARY REMINDER!**

THE WEBSTER SENIOR CENTER
WILL BE CLOSED ON
MONDAY, JANUARY 2ND IN
OBSERVANCE OF NEW YEAR'S DAY.



SENIOR CENTER WILL ALSO BE CLOSED ON MONDAY, JANUARY 16TH IN OBSERVANCE OF MARTIN LUTHER KING, JR. DAY

### SENIOR CENTER PRAYER

Grant me the senility to forget the people here I don't like, the good fortune to run into the ones that I do, and the eyesight to notice the difference!

### CHERYL SUPRENANT ART CLASS FRIDAY, JANUARY 6

9:30—11:00 a.m. Cost: \$8.00



Paint a charming ceramic votive house. Sign up at front desk or call (508) 949-3845

Please patronize our advertisers and don't forget to tell them you saw their ad in the Webster Senior Center newsletter!

Art Class with Linda Littleton

Wednesday, January 11 Wine Glasses

Wednesday, January 25 Water Color & Ink

Classes are held from 9:00—11:00 am

Cost: \$10.00 per class

(Includes instructor & all supplies)

Sign up at front desk or call (508) 949-3845